

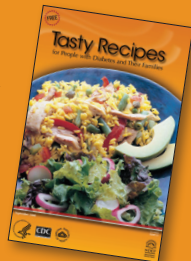
National Diabetes Education Program

Rice with CHICKEN



***It's more than food. It's Life.
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (*Ricas recetas para personas con diabetes y sus familiares*), has recipes specifically designed for the Latin American palate.



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NDEP-122

Rice with CHICKEN

This is a good way to get vegetables into the meal plan. Serve with a mixed green salad and whole wheat bread.

Total servings: 8.

Ingredients:

2 Tbsp. olive oil
2 medium onions, chopped
6 cloves garlic, minced
2 stalks celery, diced
2 medium red/green peppers,
cut into strips
1 cup mushrooms, chopped
2 cups uncooked wholegrain rice
3 pounds boneless chicken breast,
cut into bite-sized pieces, skin
removed
1½ tsp. salt (optional)

2½ cups low-fat chicken broth
Saffron or Sazón™ for color
3 medium tomatoes, chopped
1 cup frozen peas
1 cup frozen corn
1 cup frozen green beans
Olives or capers for garnish (optional)

Directions:

• Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.

- Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients.
- Add chicken, salt, chicken broth, water, Saffron/Sazón™, and tomatoes. Bring water to a boil.
- Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.
- Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with

Exchanges:		Nutrition Facts Rice with Chicken, Spanish Style		Amount Per Serving	
Meat 51/3	Bread 3	Serving Size.....	1 ½ cups	Calories.....	400 Calories from Fat 60
Vegetable 1	Fat 11/3	% Daily Value (DV)*		Sodium 530mg.....	22%
Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.		Total Fat 7g.....	11%	Total Carbohydrate 46g.....	15%
		Saturated Fat 1.5g.....	8%	Dietary Fiber 3g.....	12%
		Trans Fat 0g.....		Sugars 5g.....	
		Cholesterol 85mg.....	28%	Protein 37g.....	
				Vitamin A.....	30%
				Vitamin C.....	70%
				Calcium.....	4%
				Iron.....	20%
* Percent Daily Values are based on a 2,000 calorie diet.					

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.cdc.gov/diabetes/ndep, or call 1-888-693-NDEP.